Covington Aquatic Center
(425) 413-POOL (7665) ● 18230 SE 240th Street
www.ci.covington.wa.us

American Red Cross

Spring 2011

Swimming Lessons

At Covington Aquatic Center

Welcome to the Covington Aquatic Center Swimming Lesson program! We are pleased to offer a comprehensive program designed by the American Red Cross. Classes are offered for all ages and all ability levels. Beginning levels focus on water adjustment and introduce basic swimming and water safety skills. More advanced levels concentrate on stroke development, stroke refinement and additional water safety skills.

Dates, Times, & Cost

Swimming Lessons during the spring run twice a week for 4 weeks on weekdays, and once a week for 8 weeks on Saturdays. Classes are 30 minutes in length (except Competitive Swimming Lessons, which are one hour, and twice the price of Learn-to-Swim classes). The following are dates, times, and costs for classes offered this spring.

DAYS	DATES	TIMES	# of CLASSES	COST* (Regular Fee)	COST* (Covington Resident Discounted Fee)
Monday & Wednesday	2/28-3/23	4:00pm-7:30pm	8	$70.00	$58.00
Monday & Wednesday	3/28-4/20	4:00pm-7:30pm	8	$70.00	$58.00
Monday & Wednesday	4/25-5/18	4:00pm-7:30pm	8	$70.00	$58.00
Monday & Wednesday	5/23-6/15	4:00pm-7:30pm	7	$61.25	$50.75
Tuesday & Thursday	3/1-3/24	10:30am-Noon 4:00pm-7:00pm	8	$70.00	$58.00
Tuesday & Thursday	3/29-4/21	10:30am-Noon 4:00pm-7:00pm	8	$70.00	$58.00
Tuesday & Thursday	4/26-5/19	10:30am-Noon 4:00pm-7:00pm	8	$70.00	$58.00
Tuesday & Thursday	5/24-6/16	10:30am-Noon 4:00pm-7:00pm	8	$70.00	$58.00
Saturday	3/5-4/23	9:30am-Noon	8	$70.00	$58.00
Saturday	4/30-6/18	9:30am-Noon	7	$61.25	$50.75
Parent and Child Aquatics classes offered every session			7 8	$42.00 $48.00	$35.00 $40.00

**Note: All fee rates as of August 30, 2010, and subject to change*

What Class is Right for You?

Placement of your child into the correct level is critical for their success. Each level focuses on different skills depending on age and ability. If your child has not had lessons before, then they will begin at either the first level of either Parent & Child Aquatics, Preschool Aquatics, or Learn to Swim, depending on their age. If your child has had lessons before, but at another facility, then their swimming ability will need to be assessed to determine the appropriate level in our swim lesson program. We provide swim assessments for free during our Public Swims.

Age	Class
6 months up to 4 years of age	Parent & Child Aquatics Levels 1 and 2
4 and 5 year olds	Preschool Aquatics Levels 1 - 3
6 years of age and older	Learn to Swim Levels 1 - 6

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The First Day

On your first day, arrive early and know the time and level of your child's lesson. The instructor will meet your child at the location indicated on your registration receipt (or see chart below). Each class meets at a station, which is easily found by locating the signs around the pool's perimeter. Have your child sit next to the sign until the class begins and the instructor calls out your child's name.

Level	Location Class Meets
Parent & Child 1	Station A
Parent & Child 2	Station A
Preschool Aquatics Level 1	Station B
Preschool Aquatics Level 2	Station C
Preschool Aquatics Level 3	Station C
Learn to Swim Level 1	Station D
Learn to Swim Level 2	Station E
Learn to Swim Level 3	Station E
Learn to Swim Level 4	Station F
Learn to Swim Level 5	Station F
Learn to Swim Level 6	Station G

Registration for Currently Enrolled Students

The 2nd to last day of class is called *Grade Day*. On Grade Day instructors will make the final determination whether students will progress to the next level or not. Immediately following class on Grade Day, you may find out at the front desk whether your child will continue at the same level or move to the next level and register for an upcoming session. (If you would prefer not to wait until Grade Day to register your child, you may register earlier, but only for the level in which your child is currently enrolled.)

What Next?

Progressing through our lesson program is a significant achievement. But the fun doesn't stop! Once your child has reached the upper Learn to Swim Levels, they may be interested in other aquatic programs that we offer.

Learn to Dive lessons are offered for those with at least a Learn to Swim Level 4 ability.

Competitive Swimming lessons, available to children with Learn to Swim Level 6 ability, focus on stroke refinement, swimming endurance, and competitive swimming skills.

Aquatics Volunteer Academy is for 11 - 14 year olds interested in volunteering at the Aquatic Center. In the academy students learn about junior lifeguarding and instructor aiding - a great experience for future lifeguards and swim instructors!

Covington Aquatic Center also offers American Red Cross Lifeguard Training and Water Safety Instructor courses.

Parent's Corner

How can you help?

- **Observe all pool rules.**
- **Supervise your child in the locker rooms. There are also family changing rooms / restrooms off the lobby for your convenience.**
- **Tie back your child's long hair before their lesson.**
- **Provide your child with goggles for Preschool Aquatics Level 3 and Learn to Swim Levels 2 and higher (for beginning levels students should not use goggles as they are learning to open their eyes underwater and be comfortable in the water without reliance on equipment).**
- **Watch your child's lessons from the spectator area. Often watching your child in close proximity will distract your child, not too mention the limited deck space just is not big enough for everyone.**
- **Support your child by praising his or her effort in the pool.**
- **Understand that children develop swimming skills at different rates. Avoid putting pressure on achievement; encourage your child to enjoy swim lessons and take pride in personal success.**
- **Take your child swimming and practice skills they are learning in lessons. Remember to use your child's Practice Card, which is good for 2 free swims.**
- **If you have any questions or concerns, please talk to the instructor or on-duty supervisor.**